

# 16 week half marathon training schedule beginner

**16 week half marathon training schedule beginner** is designed to help new runners gradually build endurance, strength, and confidence to complete the 13.1-mile race successfully. This comprehensive training plan spans four months, allowing ample time for conditioning while minimizing the risk of injury. It incorporates a balanced mix of running, cross-training, rest days, and strength workouts tailored to beginners. Following this schedule ensures steady progress from shorter runs to longer distances, improving cardiovascular fitness and muscular endurance. The plan also emphasizes recovery and nutrition, essential components for optimal performance. This article will guide readers through the essentials of preparing for a half marathon, including weekly training structure, tips for staying motivated, and strategies for race day success.

- Understanding the 16 Week Half Marathon Training Schedule
- Weekly Training Breakdown
- Essential Training Components
- Nutrition and Hydration Tips
- Preparing for Race Day

## Understanding the 16 Week Half Marathon Training Schedule

The 16 week half marathon training schedule beginner is structured to gradually develop running endurance and overall fitness over a consistent period. This time frame is ideal for new runners as it strikes a balance between enough training volume and injury prevention. The plan is progressive, starting with manageable distances and intensities, then increasing workload weekly to build stamina.

Key features of the schedule include rest days to allow muscle recovery, cross-training sessions to improve cardiovascular fitness without excessive joint stress, and long runs to simulate race conditions. This approach prevents burnout and helps maintain motivation throughout the training journey. The schedule also incorporates easy runs and speed workouts, which improve running efficiency and pace control.

## Weekly Training Breakdown

The weekly layout within the 16 week half marathon training schedule beginner typically consists of four to five days of running, alongside cross-training and rest. Each week is

carefully planned to balance exertion and recovery, optimizing physical adaptations.

## Sample Weekly Schedule

- **Monday:** Rest or active recovery
- **Tuesday:** Easy run (3-4 miles)
- **Wednesday:** Cross-training (cycling, swimming, or elliptical)
- **Thursday:** Tempo or interval run (speed work)
- **Friday:** Rest day
- **Saturday:** Long run (starting at 4 miles, increasing weekly)
- **Sunday:** Easy recovery run or cross-training

This pattern gradually increases the weekly mileage while allowing the body to adapt and strengthen. The long runs on weekends are essential for building endurance and mental toughness, simulating race day efforts. Easy runs focus on maintaining aerobic fitness and promoting recovery.

## Adjusting Mileage and Intensity

Beginners should increase their mileage by no more than 10% per week to reduce the risk of injury. Intensity levels should be monitored, with easy runs performed at conversational pace and speed workouts introduced cautiously. Listening to the body and incorporating rest when needed is crucial for sustainable progress.

## Essential Training Components

Several key elements form the backbone of the 16 week half marathon training schedule beginner. These components collectively prepare runners for the demands of the race, ensuring a well-rounded fitness foundation.

### Long Runs

Long runs gradually increase in distance, building aerobic capacity and muscular endurance. They help runners become accustomed to the time spent running and develop pacing strategies. Typically, the longest run reaches 10 to 12 miles, close to the half marathon distance, providing confidence and physical preparation.

## **Speed Work and Tempo Runs**

Incorporating speed workouts and tempo runs improves running economy and lactate threshold. Tempo runs involve maintaining a comfortably hard pace for a sustained period, while intervals focus on short bursts of higher intensity effort followed by recovery. These sessions enhance cardiovascular fitness and help develop race pace awareness.

## **Cross-Training and Strength Work**

Cross-training activities such as cycling, swimming, or yoga support cardiovascular conditioning without the impact of running. Strength training, targeting the core, legs, and glutes, enhances running form and reduces injury risk. These elements balance the overall training load and improve muscular resilience.

## **Rest and Recovery**

Rest days are vital for muscle repair, preventing overtraining, and maintaining motivation. Active recovery, such as walking or gentle stretching, can be incorporated to promote circulation and flexibility. Prioritizing sleep and listening to the body's signals are fundamental for successful training adaptation.

## **Nutrition and Hydration Tips**

Proper nutrition and hydration are critical for supporting the demands of a 16 week half marathon training schedule beginner. Fueling the body correctly enhances performance, speeds recovery, and maintains energy levels during workouts.

## **Balanced Diet**

A diet rich in carbohydrates, lean proteins, healthy fats, and micronutrients supports endurance training. Carbohydrates are the primary energy source for running, while proteins assist muscle repair. Incorporating fruits, vegetables, whole grains, and adequate hydration ensures optimal nutrient intake.

## **Pre-Run and Post-Run Nutrition**

Consuming a light meal or snack before runs provides readily available energy. Post-run meals should focus on replenishing glycogen stores and repairing muscle tissue, ideally within 30 to 60 minutes after exercise. Hydration before, during, and after runs prevents dehydration and maintains performance.

# Preparing for Race Day

Successfully completing a half marathon requires not only physical training but also strategic preparation leading up to race day. The final weeks of the 16 week half marathon training schedule beginner include tapering and mental readiness practices.

## Tapering Period

The taper phase reduces training volume while maintaining intensity, allowing the body to recover fully before the race. This period typically lasts one to two weeks, decreasing mileage and focusing on rest to optimize energy stores.

## Race Day Strategy

Planning race day logistics such as clothing, nutrition, hydration, and pacing strategy is essential. Starting at a manageable pace prevents early fatigue, while gradually increasing effort helps maintain endurance. Mental preparation techniques, including visualization and positive self-talk, support confidence and focus.

## Frequently Asked Questions

### **What is a 16 week half marathon training schedule for beginners?**

A 16 week half marathon training schedule for beginners is a structured plan designed to gradually build endurance, speed, and strength over 16 weeks, preparing new runners to complete a 13.1-mile race safely and effectively.

### **How many days per week should a beginner run in a 16 week half marathon training plan?**

Beginners typically run 3 to 4 days per week in a 16 week half marathon training plan, allowing for rest and cross-training days to prevent injury and promote recovery.

### **What types of workouts are included in a beginner 16 week half marathon training schedule?**

Workouts usually include easy runs, long runs, rest days, cross-training, and occasionally speed or tempo runs to build endurance and speed gradually.

### **How long are the longest runs in a 16 week half**

## **marathon training schedule for beginners?**

The longest runs generally peak between 9 to 12 miles, typically scheduled in the final weeks before tapering to allow the body to prepare for race day.

## **Is cross-training important in a 16 week half marathon training plan for beginners?**

Yes, cross-training is important as it helps improve overall fitness, strengthens muscles, reduces injury risk, and provides active recovery on non-running days.

## **How should beginners pace themselves during training runs in a 16 week half marathon schedule?**

Beginners should run at a comfortable, conversational pace during easy and long runs to build endurance without overexerting themselves.

## **When should beginners start tapering in a 16 week half marathon training schedule?**

Tapering typically begins about 1 to 2 weeks before race day to reduce mileage and intensity, allowing the body to recover and be fresh for the race.

## **Can beginners include strength training in their 16 week half marathon training plan?**

Yes, incorporating strength training 1 to 2 times per week helps improve running economy, prevent injuries, and build overall muscular strength.

## **What should a beginner eat during a 16 week half marathon training schedule?**

Beginners should focus on a balanced diet rich in carbohydrates for energy, proteins for muscle repair, healthy fats, and stay hydrated to support training demands.

## **How important is rest in a 16 week half marathon training schedule for beginners?**

Rest is crucial as it allows the body to recover, repair muscles, and prevent burnout or injuries, typically including at least one or two rest days per week.

## **Additional Resources**

1. *16 Weeks to Half Marathon: The Beginner's Roadmap*

This book offers a comprehensive 16-week training schedule designed specifically for

beginners aiming to complete their first half marathon. It breaks down weekly goals, incorporating running, cross-training, and rest days to build endurance safely. Readers will also find tips on nutrition, injury prevention, and mental preparation to ensure a successful race day.

## *2. Half Marathon Training for Beginners: A 16-Week Plan to Success*

Ideal for those new to distance running, this guide provides a clear and manageable 16-week training program. It emphasizes gradual progression, helping runners build stamina without overtraining. Alongside workout plans, the book includes motivational advice and strategies to overcome common beginner challenges.

## *3. From Couch to 13.1: A Beginner's 16-Week Half Marathon Training Guide*

This book is perfect for absolute beginners transitioning from little or no running to completing a half marathon. The 16-week plan slowly increases mileage and intensity, focusing on consistency and injury prevention. Readers will benefit from practical coaching tips, pacing strategies, and mindset techniques.

## *4. The Complete 16-Week Half Marathon Training Plan for New Runners*

Designed to guide beginners through their first half marathon, this book combines structured training with essential education on running form and recovery. The 16-week schedule balances easy runs, speed work, and long runs tailored to build confidence and endurance. It also covers race-day preparation and goal setting.

## *5. Beginner's Guide to Half Marathon: 16 Weeks to Your First 13.1*

This guidebook is aimed at beginners seeking a structured and supportive approach to half marathon training. The 16-week plan incorporates diverse workouts, including tempo runs and hill training, to improve strength and speed. Additionally, it provides advice on gear selection, hydration, and injury management.

## *6. Half Marathon Prep: A 16-Week Beginner's Training Program*

This book offers a straightforward 16-week training schedule tailored for novice runners. It emphasizes building aerobic capacity and endurance through progressive running intervals and recovery sessions. Readers will find motivational stories and practical tips to build confidence and maintain commitment throughout the program.

## *7. Run Your First Half Marathon: A 16-Week Training Plan for Beginners*

Focusing on beginners, this book provides a detailed 16-week plan that gradually increases mileage and speed to prepare runners for race day. It includes advice on pacing, nutrition, and mental toughness to help runners overcome challenges. The easy-to-follow schedule ensures steady progress without burnout.

## *8. Half Marathon Training Made Simple: 16 Weeks for Beginners*

This book breaks down half marathon training into manageable steps over 16 weeks, making it accessible for new runners. It emphasizes proper rest, injury prevention, and balanced workouts to build endurance safely. Readers also receive guidance on race strategy and how to stay motivated throughout the journey.

## *9. Start Running: A 16-Week Beginner's Half Marathon Training Plan*

Ideal for those new to running, this book offers a gentle 16-week training plan designed to build fitness and confidence. It combines running workouts with strength training and flexibility exercises to support overall health. The book also addresses common beginner

concerns, such as managing soreness and staying motivated.

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**16 week half marathon training schedule beginner:** *The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training* Mario Fraioli, 2013-04-01 Rock your run with The Official Rock 'n' Roll Guide to Marathon and Half-Marathon Training! This practical, encouraging guide makes preparing for marathon and half-marathon as rewarding as race day. With coaching advice, running workouts, and training programs from Coach Mario Fraioli, you'll enjoy training and cross the finish line feeling great. Coach Mario will guide you from sign-up to finish line. With his expert advice, you'll choose your race, set your goals, select the right gear, and move swiftly through a beginner or experienced marathon or half-marathon training program. Fraioli covers all of running's most important topics: dynamic warm-up exercises, smart and realistic workouts, healthy sports nutrition and hydration guidelines, tips for quick and complete recovery, strength training and crosstraining, advice to treat common running injuries, and strategies for race week and race day. He offers useful tools like running pace charts, a sweat loss calculator, and a preview of each Rock 'n' Roll race course. The Rock 'n' Roll Marathon and Half-Marathon series is the world's most popular running series because each race is a fun and feel-good challenge. Now with the Official Rock 'n' Roll Guide, you'll be ready to rock your marathon or half-marathon.

**16 week half marathon training schedule beginner: From Couch to Marathon** Greta Rose, 2024-09-05 From Couch to Marathon: A Beginner's Guide to Running is your essential companion on the journey from sedentary to marathon-ready. Whether you've never run a mile in your life or are looking to step up your fitness game, Greta Rose's guide provides the motivation, tips, and strategies to help you succeed. This book isn't just about running; it's about transforming your mindset, building endurance, and embracing the joy of movement. Greta shares her personal story of overcoming her own struggles with running and offers practical advice to help you stay committed and enjoy the process. With this guide, you'll learn how to start running, set achievable goals, and find the mental strength to keep going, mile after mile. Get ready to lace up your sneakers and embark on a life-changing adventure.

**16 week half marathon training schedule beginner: The Runner's World Big Book of Marathon and Half-Marathon Training** Jennifer Van Allen, Bart Yasso, Amby Burfoot, Pamela Nisevich Bede, Editors of Runner's World Maga, 2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World Runner's World Big Book of Marathon and Half-Marathon Training gives readers the core essentials of marathon training, nutrition, injury prevention, and more. The editors of Runner's World know marathon training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book includes testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans. Runner's World Big Book of Marathon and Half-Marathon Training is a powerful and winning resource—the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

**16 week half marathon training schedule beginner: Beginner's Half-Marathon Trainer**

Jon Ackland, 2008-03-03 Offers several fourteen-week programs to train for a half-marathon, providing warm-up exercises, information on nutrition, and advice on choosing a training program.

**16 week half marathon training schedule beginner:** *Hal Higdon's Half Marathon Training* Hal Higdon, 2016-04-01 Hal Higdon's name is synonymous with running. As contributing editor of *Runner's World* and best-selling author, he has helped countless runners achieve their distance goals. Now, he's created the definitive guide on today's most popular distance, the 13.1-mile half marathon. Hal Higdon's *Half Marathon Training* is everything you wanted to know about running the half marathon, including where to begin, what to focus on, how to pace yourself, how to avoid injury, how to track your progress, how to stay the course, and how to improve. Whether this is your first or fiftieth half marathon, there is a plan for you. Inside you'll find more than 15 customizable programs, ranging from novice to advanced (you'll even find a walking-only plan), as well as proven strategies, race-day tips, and motivation from half-marathoners around the globe. From day 1 to mile 13.1, Hal will guide, encourage, and pace you to your goal. Other guides might help you complete the half, but only one will introduce you to the joys of running. Hal Higdon's *Half Marathon Training* is a book you'll return to for guidance and inspiration for a lifetime of running.

**16 week half marathon training schedule beginner:** *Running Science* Owen Anderson, 2013-07-05 More than 50 years ago, New Zealand's Arthur Lydiard started using terms like base training, periodization, and peaking. His U.S. counterpart, Bill Bowerman, brought Lydiard's term for what until then had been called roadwork, or jogging, to the States. Soon after, the 1970s running boom started, spurred by exercise-advocating research from the growing fields of exercise science and sports medicine and from enthusiasts such as Jim Fixx, author of *The Complete Book of Running*. One of Bowerman's former runners at the University of Oregon, Phil Knight, saw to it that those millions of new runners had swoosh-adorning footwear designed specifically for their sport. The pace of knowledge enhancement and innovation has, in fact, been so brisk through the years that even highly informed runners could be excused for not keeping up, but no longer. *Running Science* is a one-of-a-kind resource: • An easily comprehended repository of running research • A wealth of insights distilled from great sport and exercise scientists, coaches, and runners • A do-it-right reference for a host of techniques and tactics • An array of the most credible and widely used training principles and programs • Perhaps most of all, a celebration of the latest science-based know-how of running, now truly the world's most popular sport *Running Research News and Training Update* editor Owen Anderson presents this comprehensive work in a compelling way for runners. A PhD and coach himself, Anderson has both a great enthusiasm for sharing what scientific studies offer the running community and a keen sense of what's really important for today's informed runners to know.

**16 week half marathon training schedule beginner:** *Long Distance Running for Beginners* Sean Fishpool, Michael Spilling, 2011-08-15 Provides an introduction to training for long distance running, covering such topics as choosing running shoes, balancing dietary needs, using warm up exercises, protecting oneself from injury, and running schedules with different levels of difficulty.

**16 week half marathon training schedule beginner:** *Runner's World Run Less, Run Faster, Revised Edition* Bill Pierce, Scott Murr, Ray Moss, 2012-04-10 Advises on how to run faster by running less, providing a variety of training programs tailored to qualifying times for the Boston Marathon and an overview of the 3PLUS2 program aimed at improving endurance.

**16 week half marathon training schedule beginner:** *Heart Rate Training* Roy Benson, Declan Connolly, 2020 *Heart Rate Training*, Second Edition, helps athletes and fitness enthusiasts use the data captured by heart rate monitors to create and customize training programs that improve performance.

**16 week half marathon training schedule beginner:** *Improve Your Marathon and Half Marathon Running* David Chalfen, 2014-11-30 *Improve Your Marathon and Half Marathon Running* is an accessible, jargon-free guide for athletes committed to improving their running at either distance. It provides valuable advice in increasing competition experience and structuring more advanced training programmes and covers; training plans and principles; evolving training



programmes as a runner's experience increases; methods for cross-training in other disciplines; principles for athletes to examine the biomechanics of their running to improve performance; benefits of coaching; training case histories of successful athletes. 'David has a huge passion and knowledge of endurance running. His dynamism and expertise come across brilliantly in this extremely well written, useful and entertaining book.' Dan Robinson, four times Olympic and World Championship marathoner, and 2006 Commonwealth Games marathon medallist. Fully illustrated, this practical, guide is for all marathon and half marathon runners wanting to improve their performance.

**16 week half marathon training schedule beginner:** *Breakthrough Women's Running* Neely Spence Gracey, Cindy Kuzma, 2022-04-06 *Breakthrough Women's Running* is written just for you—a woman runner who has big goals and needs a plan to achieve them. In her trademark fun and upbeat style, professional runner and coach Neely Spence Gracey will set you up for success with an inside look at her own story in the sport—paired with the science, experience, strategies, and insights that have worked for her and countless other female runners who set challenging goals and achieved them. Told with engaging storytelling and packed with colorful images and practical recommendations to improve your running, *Breakthrough Women's Running* offers 5K, 10K, half-marathon, marathon, and run-walk training plans to suit your current distance or pacing goals. With the strength and mobility workouts included in the plans, you don't have to wonder where and how to fit in these important (but often overlooked) components of a successful running training program. Learn how to breathe in rhythm and how to focus with mantras and mindfulness exercises. Get specific guidance on how to best manage unique challenges that women confront such as hormone fluctuations; training through the menstrual cycle, while pregnant, or after childbirth; and training while also raising a family. Know how to train to prevent injury as well as how to return to running should an injury occur. And fuel your training with five simple recipes that are nutrient dense and simple to prepare. You'll hear from well-known, successful women runners such as Sara Hall and Nell Rojas on how even elite runners experience highs and lows in their training as well as how they themselves overcame obstacles to reach their goals. At the ends of chapters, you'll find *Breakthrough Goals*—a section of small, tangible actions that you can apply in your own training to overcome specific obstacles. If you're looking for a strategic and progressive approach for breaking through your physical or mental barriers to achieve more successful and fulfilling running, you've found it with *Breakthrough Women's Running*.

**16 week half marathon training schedule beginner:** *Jeff Galloway: Your Personal Running Journal* Jeff Galloway, 2017-04-01 In this book, Olympian Jeff Galloway details how to set up a training program, how to monitor progress, and how to schedule each workout. Included are 52 weeks of daily journal entries, with data analysis tables. Jeff Galloway tells how to set up a successful training program to avoid injury, improve endurance, and run faster. Galloway's magic mile is used to predict performance and set a safe pace for long runs. Specific run-walk-run strategies are set up based upon the runner's current ability. Galloway details how to use the training journal to schedule long runs, drills, speed workouts, rest days, etc. The 52-week journal is easy to use and easy to analyze. This new edition is characterized by a modern and more practice-oriented design that facilitates logging your progress as a runner. In this way, it might help you to keep your motivation.

**16 week half marathon training schedule beginner:** *Runner's World Run Less Run Faster* Bill Pierce, Scott Murr, 2021-01-19 The groundbreaking plan that helps runners of all levels to improve their race times while actually training less—now fully revised and updated for today's runners In today's busy, fast-paced world, all runners have the same objective: to run the best they can with the limited amount of time at their disposal. Bill Pierce and Scott Murr made that goal possible with their revolutionary FIRST (Furman Institute of Running and Scientific Training) training program. FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury while producing faster race times. The key feature of the detailed training plans for 5k, 10k, half-marathon, and marathon is the

3PLUS2 program, which consists of: • 3 quality runs, including track repeats, the tempo run, and the long run, which are designed to improve endurance, lactate-threshold running pace, and leg speed • 2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With tips for goal-setting, recovery, injury rehab and prevention, strength training, and nutrition, Run Less, Run Faster has changed the way runners think about and train for competitive races. This revised third edition includes a new preface, training plans tailored to the new qualifying times for the Boston Marathon, new exercise photos, charts that will help runners adjust training practices to their elevation and climate, and updated nutritional recommendations.

**16 week half marathon training schedule beginner: Walk Your Way Fit** Sarah Zahab, 2025-07-31 Walk Your Way Fit offers proven walking programs for all fitness levels and goals. It covers topics such as walking form, strength exercises, dynamic warm-ups, active and static stretches, modifications, and amplification tips and strategies, helping readers find enjoyment and success in reaching their health and fitness goals.

**16 week half marathon training schedule beginner: Brain Training for Runners** Matt Fitzgerald, 2007-09-04 Based on new research in exercise physiology, author and running expert Matt Fitzgerald introduces a first-of-its-kind training strategy that he's named Brain Training. Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback. Based on Fitzgerald's eight-point brain training system, this book will help runners: - Resist running fatigue - Use cross-training as brain training - Master the art of pacing - Learn to run in the zone - Outsmart injuries - Fuel the brain for maximum performance Packed with cutting-edge research, real-world examples, and the wisdom of the world's top distance runners, Brain Training for Runners offers easily applied advice and delivers practical results for a better overall running experience.

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**16 week half marathon training schedule beginner: Fast 5K** Pete Magill, 2019-09-10 Spend two hours with Pete Magill's Fast 5K and you'll know how to run your fastest 5K. In his fast-paced, ultimate guide to 5K running races, celebrated running coach Pete Magill reveals the 25 crucial keys to setting your next 5K PR. Magill shares hard-earned lessons he gained while leading 19 teams to USA national championships and setting multiple American and world age-group and masters records. Fast 5K shares Magill's essential keys to finding your fastest running fitness and race readiness. The 25 keys include optimal training mileage, effective tempo runs, VO2 max workouts, hill repeats, plyometrics that work, ways to prevent injuries, recovery tips, guides to diet and racing weight, choosing racing flats, and much more. Offering three 12-week and one 16-week 5K training plans, Fast 5K is the key to your best 5K running times. Pete Magill is a world-class 5K runner, personally holds multiple American and world age-group records in track & field and road racing and is a 5-time USA Masters Cross Country Runner of the Year. Now in this distilled guide, you can get world-class advice on how to run your fastest 5K ever.

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**16 week half marathon training schedule beginner: Daniels' Running Formula** Jack Daniels, 2013-12-31 Get in the best shape of your running career with the help of Daniels' Running Formula, the book that Runner's World magazine calls the best training book. Premier running coach Jack Daniels provides you with his legendary VDOT formula to guide you through training at exactly the right intensity to run stronger, longer, and faster. Choose a program to get in shape, target a race program, or regain conditioning after layoff or injury. Train for competition with programs for 800 meters, 1500 meters to 2 miles, cross country races, 5K to 10K, 15K to 30K, and marathon events. Each program incorporates training intensities to help you build endurance, strength, and speed.

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**16 week half marathon training schedule beginner: The Marathon Method** Tom Holland, 2007-04-01 Get Ready to Run! A complete guide to training for a half or full marathon in sixteen weeks, this book follows the format of Tom's previous book The 12-Week Triathlete with simply the best advice on how to run your fastest race while staying injury-free. Whether you are a first-time marathoner, trying to set a new PR or looking to qualify for Boston, this book is for you. **TRAIN LESS AND RUN YOUR BEST** Some worry that running a marathon will involve hours upon hours of training each week. Others fear that they will become injured. Some veteran marathoners have followed other training plans and experienced both, but Tom's approach is much different. His philosophy of train less, run your best will amaze you whether you are running your first marathon or fiftieth. Exercise physiologist and sports performance coach Tom Holland -- an elite endurance athlete himself and sub-3 hour marathoner who has run in more than fifty marathons, three ultramarathons, and a dozen Ironman triathlons around the world will teach you how to properly gear up and train in the sixteen weeks prior to your half or full marathon. So when that starting gun sounds, you'll be equipped with invaluable tips and techniques that will put you in position to run the best race of your life. The Marathon Method provides you with everything you need to know including: Easy-to-understand advice on nutrition, hydration, and gear Customized training plans for beginner, intermediate, and advanced runners Advice on the mental side of running and how to make your mind go that extra mile Strategies to avoid hitting the infamous 'wall' Tips on pacing, injury prevention, strength training, flexibility, and much more!

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